

Summary of Results (Questionnaire A)

Leisure Activities

1 Learning, self-education, and training

(1) The participation rate in “learning, self-education, and training” was 39.6%, an increase of 2.7 percentage points from 5 years ago.

The total number of people (aged 10 and over) who participated in some kind of activities categorized as “Learning, self-education and training”¹⁾ in the past one year (October 20, 2020 – October 19, 2021; the same shall apply hereinafter) (hereinafter referred to as “Participants”) was 44,556,000 and the percentage in the population of those aged 10 and over (hereinafter referred to as “participation rate”) was 39.6%. Broken down by sex, males were 21,801,000 and females 22,755,000. The participation rate for males was 39.8% and that for females 39.5%; therefore, males participated at a rate of 0.3 percentage points more than females. (Table 1-1)

Compared to 2016, the participation rate increased by 2.7 percentage points. By sex, males increased by 3.3 percentage points, and females increased by 2.1 percentage points. By age group, the participation rate increased among all age groups except those aged 70 to 74 years old, with the 30-34 age group and 35-39 age group increasing by 7.1 percentage points and 6.6 percentage points, demonstrating a particular significant increase for people in their 30s. (Table 1-1, Table 1-2, Figure 1-1)

Table 1-1 Number of participants and participation rate in “Learning, self-education, and training” by sex (2016, 2021)

	Number of participants (Thousand persons)			Participation rate (% , Percentage points)		
	2016	2021	Difference	2016	2021	Difference
Total	41832	44556	2724	36.9	39.6	2.7
Male	20127	21801	1674	36.5	39.8	3.3
Female	21704	22755	1051	37.4	39.5	2.1

1) “Learning, self-education and training” included club activities at school, but excluded worker training at the workplace, and study and research activities performed by children, pupils or students as schoolwork, such as study in class, preparation for class and review of lessons.

Figure 1-1 Participation rate in “Learning, self-education and training” by age group (2016, 2021)

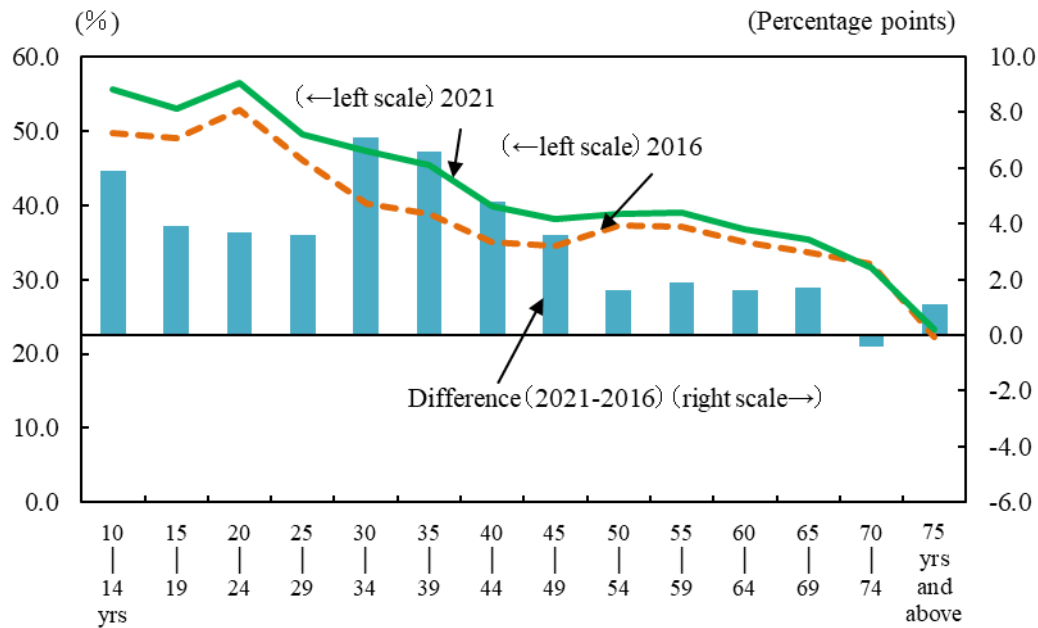
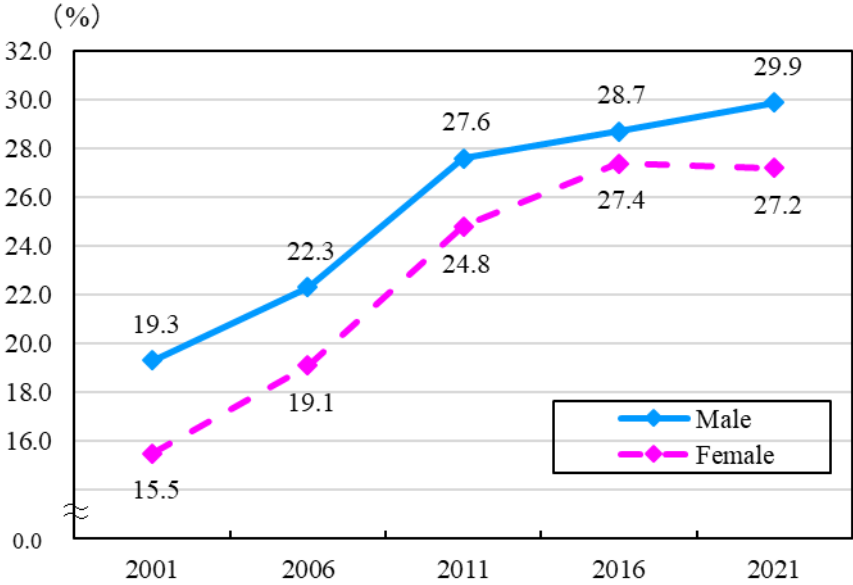


Table 1-2 Participation rate in “Learning, self-education and training” by age group (2016, 2021)

	2016 (%)	2021 (%)	Difference (Percentage points)
10 to 14	49.7	55.6	5.9
15 to 19	49.0	52.9	3.9
20 to 24	52.8	56.5	3.7
25 to 29	46.0	49.6	3.6
30 to 34	40.2	47.3	7.1
35 to 39	38.8	45.4	6.6
40 to 44	35.1	39.9	4.8
45 to 49	34.5	38.1	3.6
50 to 54	37.2	38.8	1.6
55 to 59	37.1	39.0	1.9
60 to 64	35.1	36.7	1.6
65 to 69	33.6	35.3	1.7
70 to 74	32.0	31.6	-0.4
75 or above	22.2	23.3	1.1

Next, if we look at the change in the participation rate over the past 20 years for both sexes over the age of 65, whereas it is virtually flat for females from 2016 to 2021, there is a small increasing trend for both sexes. (Figure 1-2)

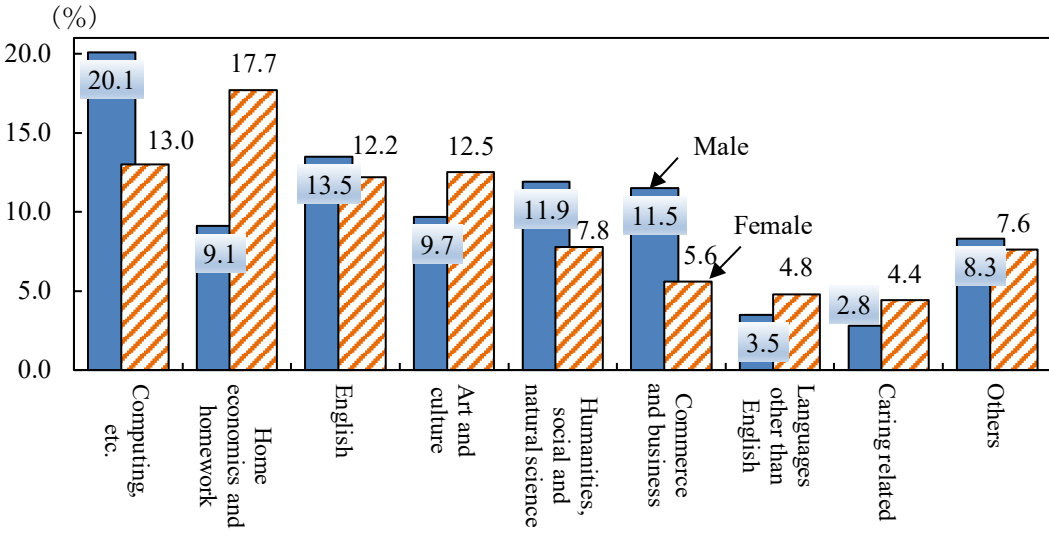
Figure 1-2 Change in the participation rate in “Learning, self-education and training” by sex (2001-2021) – over 65 years old



(2) For males, the participation rate was highest for “Computing, etc.”, whereas for females, participation rate in “Home economics and housework” was the highest.

If we look at the participation rate for both sexes by type of “Learning, self-education and training”, males were highest in “Computing, etc.” with 20.1%, after which was “English” at 13.5%, followed by “Humanities, social and natural science” at 11.9% and “Commerce and business” at 11.5%. For females, “Home economics and housework” was highest at 17.7%, after which was “Computing, etc.” at 13.0%, followed by “Arts and culture” at 12.5% and “English” at 12.2%.

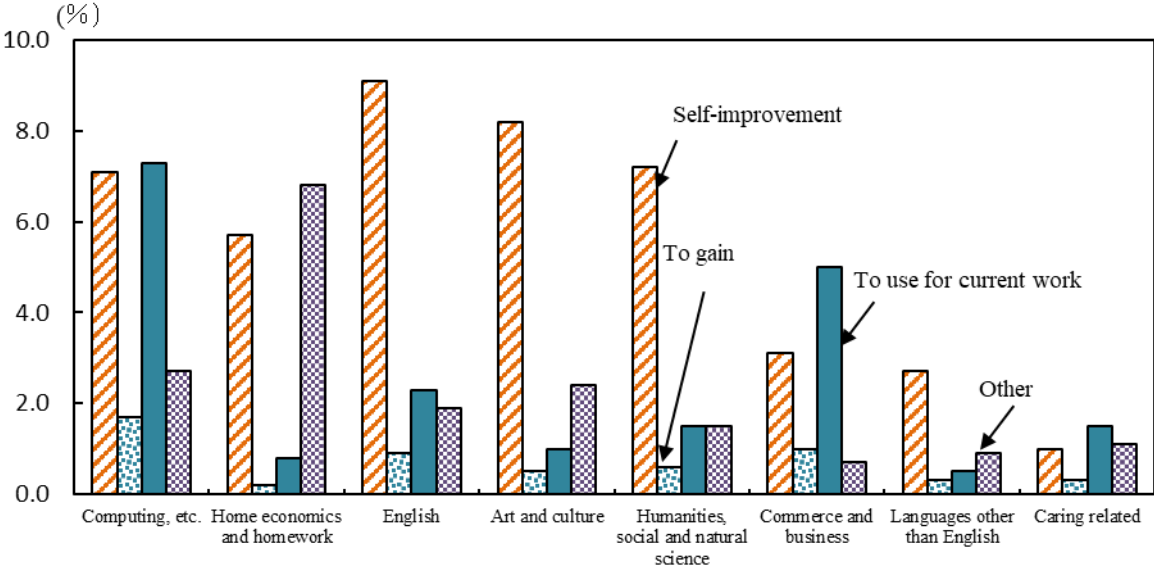
Figure 1-3 Participation rate in “Learning, self-education and training” by type and sex (2021)



(3) In terms of purposes, for “English” etc., “Self-improvement” was the highest.

When looking at the participation rate in “Learning, self-education and training” by type and purpose, “Self-improvement” was the highest for “English”, “Arts and culture,” “Humanities, social and natural science”, etc. On the other hand, for “Computing, etc.” and “Commerce and business”, “To use for current work” was the highest. (Figure 1-4)

Figure 1-4 Participation rate in “Learning, self-education and training” by type and purpose¹⁾ (2021)



1) Multiple answers were allowed.

2 Volunteer activities

(1) The participation rate for “volunteer activities” was 17.8%, a decrease of 8.2 percentage points from 5 years ago.

The total number of participants in “Volunteer activities” was 20,056,000, and the participation rate was 17.8%. Broken down by sex, 9,958,000 males and 10,098,000 females participated in some kind of volunteer activities.

The participation rate for males was 18.2% and for females it was 17.5%; therefore, males’ rate was higher than females by 0.7 percentage points.

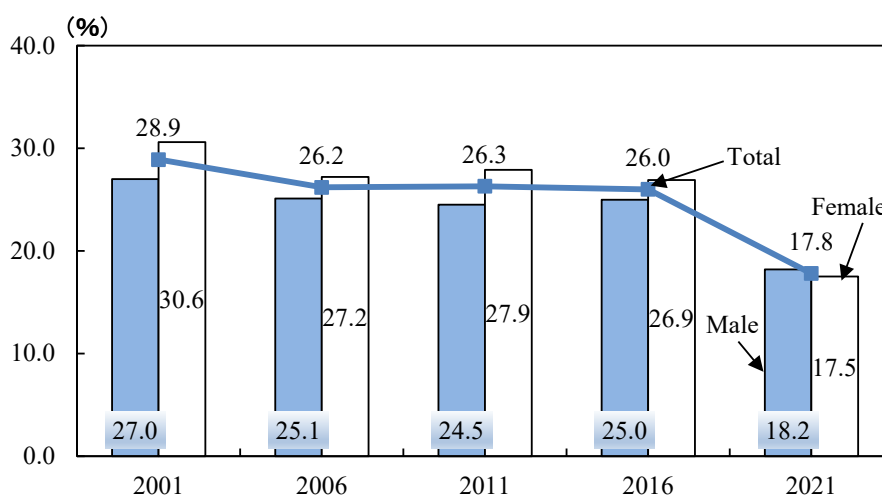
Compared to 2016, the participation rate decreased by 8.2 percentage points. By sex, the rate for males decreased by 6.8 percentage points, and for females it decreased by 9.4 percentage points. (Table 2-1)

If we look at the change over the last 20 years, after decreasing in 2006 it had been virtually flat, with females changing to have a higher participation rate than males. However, in 2021 it decreased for both males and females, and as the rate of decrease was more significant for females, the participation rate for males became higher than that of females. (Figure 2-1)

Table 2-1 Number of participants and participation rate in “Volunteer activities” by sex (2016, 2021)

	Number of participants (Thousand persons)			Participation rate (% , Percentage points)		
	2016	2021	Difference	2016	2021	Difference
Total	29438	20056	-9382	26.0	17.8	-8.2
Male	13815	9958	-3857	25.0	18.2	-6.8
Female	15623	10098	-5525	26.9	17.5	-9.4

Figure 2-1 Change in participation rate in “Volunteer activities” by sex (2001-2021)

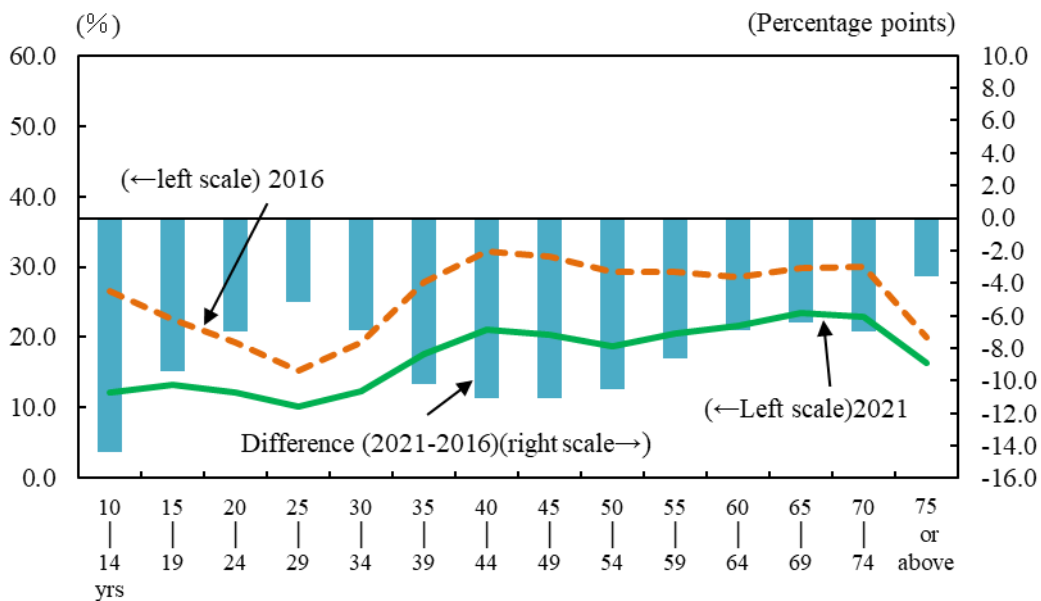


By age group, the highest participation rate was found in the age group of 65 to 69 years old at 23.4%, and the lowest rate in the age group of 25 to 29 years old at 10.1%. Compared to 2016, the participation rate decreased in all age groups, and particularly in the age groups of 10 to 14 years old at 14.4%. (Table 2-2, Figure 2-2)

Table 2-2 Participation rate in “Volunteer activities” by age group (2016, 2021)

	2016 (%)	2021 (%)	Difference (Percentage points)
10 to 14	26.5	12.1	-14.4
15 to 19	22.6	13.2	-9.4
20 to 24	19.2	12.2	-7.0
25 to 29	15.3	10.1	-5.2
30 to 34	19.3	12.4	-6.9
35 to 39	27.9	17.7	-10.2
40 to 44	32.2	21.1	-11.1
45 to 49	31.4	20.3	-11.1
50 to 54	29.3	18.8	-10.5
55 to 59	29.2	20.6	-8.6
60 to 64	28.6	21.7	-6.9
65 to 69	29.8	23.4	-6.4
70 to 74	30.0	23.0	-7.0
75 or above	20.0	16.4	-3.6

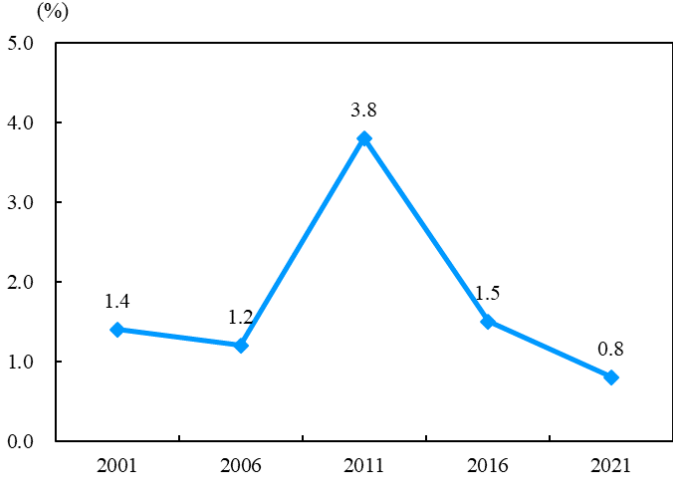
Figure 2-2 Participation rate in “Volunteer activities” by age group (2016, 2021)



(2) The participation rate for “Disaster related activities” was the highest in Kumamoto Prefecture, Saga Prefecture, and Nagano Prefecture.

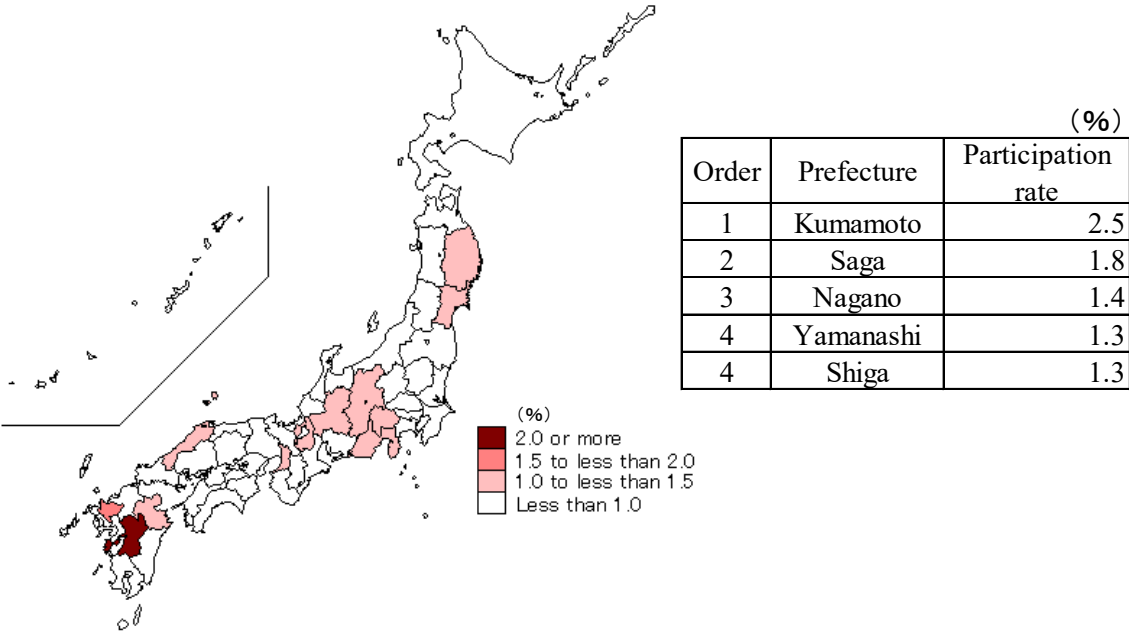
When looking at the change in the participation rate for “Disaster related activities”, 2011, in which the Great East Japan Earthquake occurred, was high at 3.8%, but 2021, at 0.8% was low compared to 2016 in which the Kumamoto Earthquake occurred. (Figure 2-3)

Figure 2-3 Change in participation rate for “Disaster related activities” (2001-2021)



Broken down by prefecture, the highest rate was 2.5% in Kumamoto Prefecture, followed by Saga Prefecture at 1.8% and Nagano Prefecture at 1.4%. (Figure 2-4)

Figure 2-4 Participation rate in “Disaster-related activities” by prefecture (2021)



3 Sports

(1) The participation rate in “Sports” was 66.5%, a decrease of 2.3 percentage points from 5 years ago.

The total number of participants in some “Sports”¹⁾ was 74,785,000, and the participation rate was 66.5%. Broken down by sex, 38,308,000 males and 36,477,000 females participated in some kind of sport. The participation rate for males was 69.9% and that for females 63.3%; therefore, the males’ rate was higher than females by 6.6 percentage points.

Compared to 2016, the participation rate decreased by 2.3 percentage points. Broken down by sex, the males’ rate decreased by 3.6 percentage points, and the females by 1.1 percentage points. (Table 3-1)

By age group, the highest participation rate appeared in the age group of 10 to 14, at 86.3%. The higher the age group, the lower the rate, generally speaking. (Table 3-2, Figure 3-1)

Table 3-1 Number of participants and participation rate in “Sports” by sex (2016, 2021)

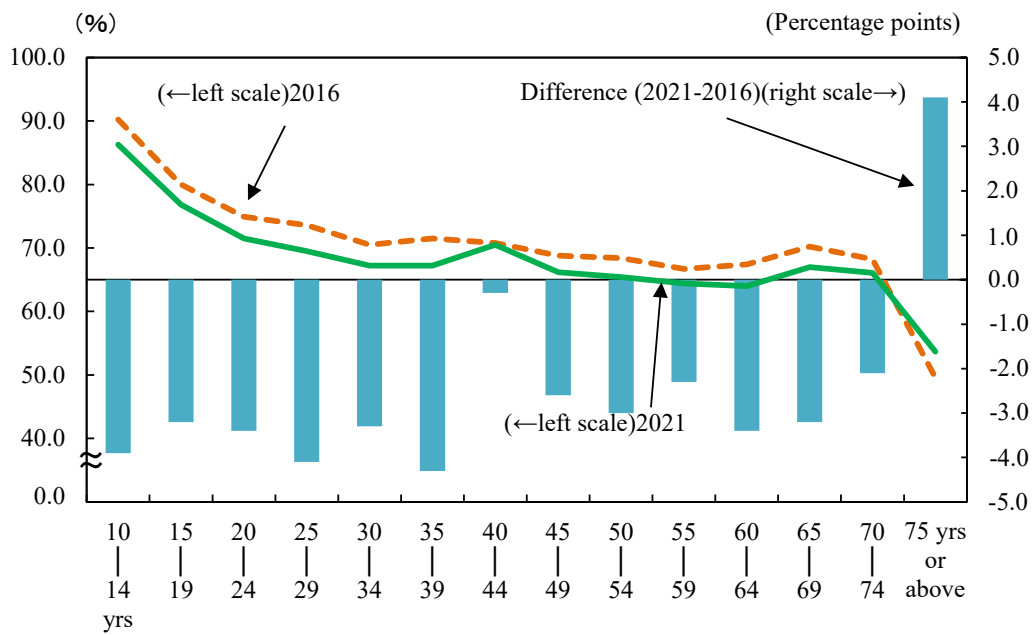
	Number of participants (Thousand persons)			Participation rate (% , Percentage points)		
	2016	2021	Difference	2016	2021	Difference
Total	77977	74785	-3192	68.8	66.5	-2.3
Male	40576	38308	-2268	73.5	69.9	-3.6
Female	37401	36477	-924	64.4	63.3	-1.1

Table 3-2 Participation rate in “Sports” by age group (2016, 2021)

	2016 (%)	2021 (%)	Difference (Percentage points)
10 to 14	90.2	86.3	-3.9
15 to 19	80.0	76.8	-3.2
20 to 24	74.9	71.5	-3.4
25 to 29	73.6	69.5	-4.1
30 to 34	70.5	67.2	-3.3
35 to 39	71.5	67.2	-4.3
40 to 44	70.8	70.5	-0.3
45 to 49	68.8	66.2	-2.6
50 to 54	68.4	65.4	-3.0
55 to 59	66.7	64.4	-2.3
60 to 64	67.4	64.0	-3.4
65 to 69	70.2	67.0	-3.2
70 to 74	68.2	66.1	-2.1
75 or above	49.6	53.7	4.1

1) Sports performed by professional players as their job and by students in PE class are excluded. Club activities are included.

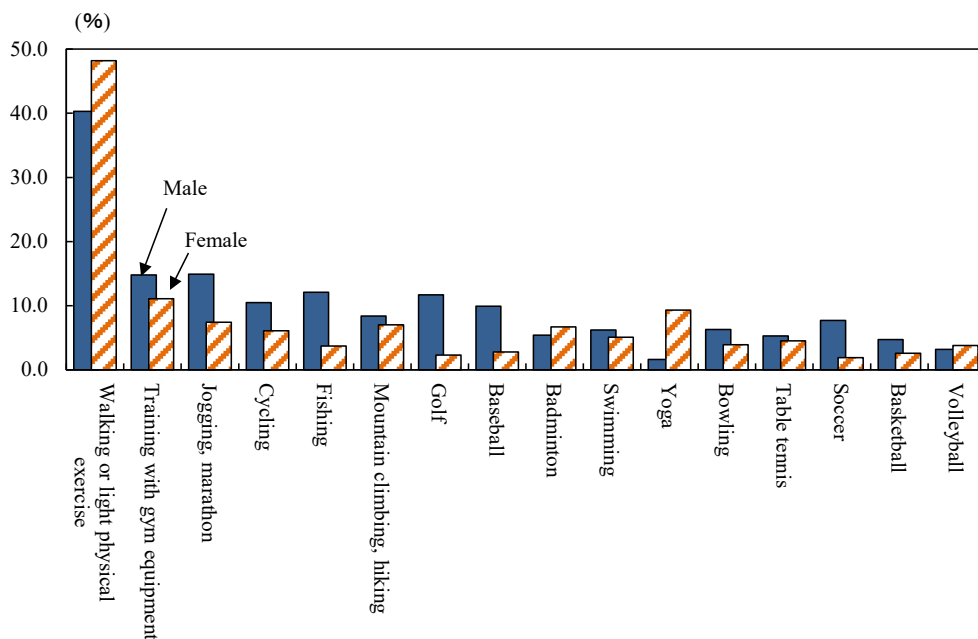
Figure 3-1 Participation rate in “Sports” by age group (2016, 2021)



(2) Participation rates were highest for “Walking or light physical exercise”.

For participation rate by kind of “Sports” and sex, the category of “Walking or light physical exercise” was the highest, followed by “Training with gym equipment” and “Jogging, marathon.” Males had higher participation rates than females in many sports, but female participation rates were higher for “Walking or light physical exercise”, “Badminton”, and “Yoga”. (Figure 3-2)

Figure 3-2 Participation rate in “Sports” by kind of sports and sex (2021) ¹⁾



1) Only the kinds of sports with participation rates of 3.5% and more for males and females are explicitly recorded.

(3) Whereas the participation rates for “Walking or light physical exercise” and “Cycling” increased from 5 years ago, it decreased for nearly all other sports, including “Bowling” and “Swimming”.

If we compare the participation rates per type of “Sports” with 2016, whereas “Walking or light physical exercise” increased by 3.0 percentage points and “Cycling” increased by 0.3 percentage points, it decreased in nearly all sports, including “Bowling” by 7.6 percentage points and “Swimming” by 5.3 percentage points. (Figure 3-3, Table 3-3)

Figure 3-3 Participation rates by type of “Sports”(2016, 2021)¹⁾²⁾

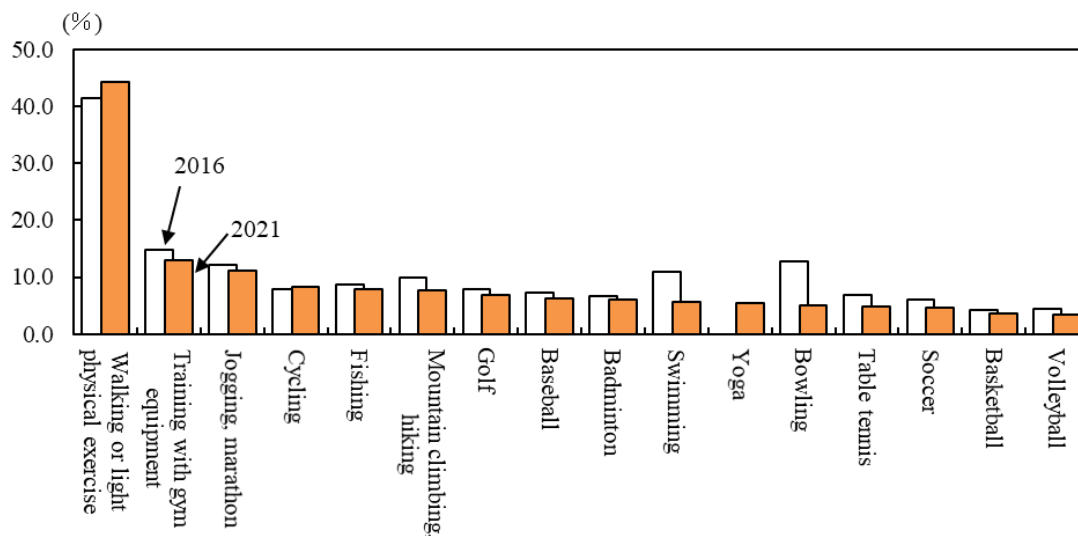


Table 3-3 Participation rates by type of “Sports”(2016, 2021)¹⁾²⁾

	2016 (%)	2021 (%)	Difference (Percentage points)
Walking or light physical exercise	41.3	44.3	3.0
Training with gym equipment	14.7	12.9	-1.8
Jogging, marathon	12.1	11.1	-1.0
Cycling	7.9	8.2	0.3
Fishing	8.7	7.8	-0.9
Mountain climbing, hiking	10.0	7.7	-2.3
Golf	7.9	6.9	-1.0
Baseball	7.2	6.3	-0.9
Badminton	6.7	6.1	-0.6
Swimming	11.0	5.7	-5.3
Yoga	...	5.5	...
Bowling	12.7	5.1	-7.6
Table tennis	6.8	4.9	-1.9
Soccer	6.0	4.7	-1.3
Basketball	4.3	3.6	-0.7
Volleyball	4.5	3.5	-1.0

1) “Yoga” was added as a fixed item in 2021.

2) Only the kinds of sports with participation rates of 3.5% and more for males and females are explicitly recorded.

4 Hobbies and amusements

(1) The participation rate in “hobbies and amusements” was 86.3%, a decrease of 0.7 percentage points from 5 years ago.

The total number of participants in some “Hobbies and amusements” in the past year was 97,031,000, and the participation rate was 86.3%. Broken down by sex, 47,570,000 males and 49,462,000 females participated in some kind of activity. The participation rate for males was 86.8%, and for females 85.8%; therefore, the males’ rate was higher than females by 1.0 percentage points.

Compared to 2016, the participation rate decreased by 0.7 percentage points. Broken down by sex, the males’ rate decreased by 0.4 percentage points, and females’ rate decreased by 1.0 percentage points. (Table 4-1)

By age group, the highest participation rate appeared in the age group of 10 to 14, at 95.5%. The higher the age group, the lower the rate, generally speaking. (Table 4-2, Figure 4-1)

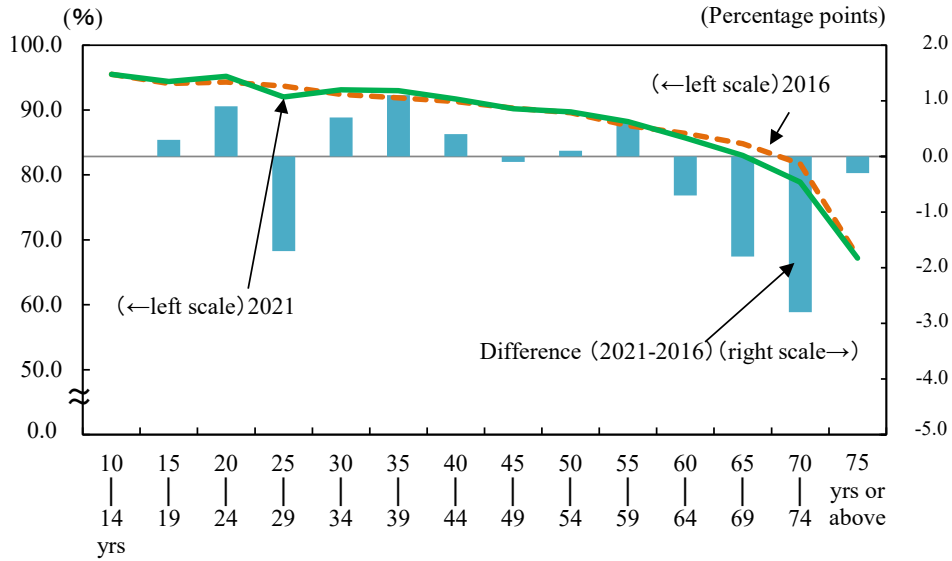
Table 4-1 Number of participants and participation rate in “Hobbies and amusements” by sex (2016, 2021)

	Number of participants (Thousand persons)			Participation rate (% , Percentage points)		
	2016	2021	Difference	2016	2021	Difference
Total	98559	97031	-1528	87.0	86.3	-0.7
Male	48126	47570	-556	87.2	86.8	-0.4
Female	50433	49462	-971	86.8	85.8	-1.0

Table 4-2 Participation rate in “Hobbies and amusements” by age group (2016, 2021)

	2016 (%)	2021 (%)	Difference (Percentage points)
10 to 14	95.5	95.5	0.0
15 to 19	94.1	94.4	0.3
20 to 24	94.3	95.2	0.9
25 to 29	93.7	92.0	-1.7
30 to 34	92.4	93.1	0.7
35 to 39	91.9	93.0	1.1
40 to 44	91.3	91.7	0.4
45 to 49	90.3	90.2	-0.1
50 to 54	89.6	89.7	0.1
55 to 59	87.6	88.2	0.6
60 to 64	86.4	85.7	-0.7
65 to 69	84.8	83.0	-1.8
70 to 74	81.7	78.9	-2.8
75 or above	67.5	67.2	-0.3

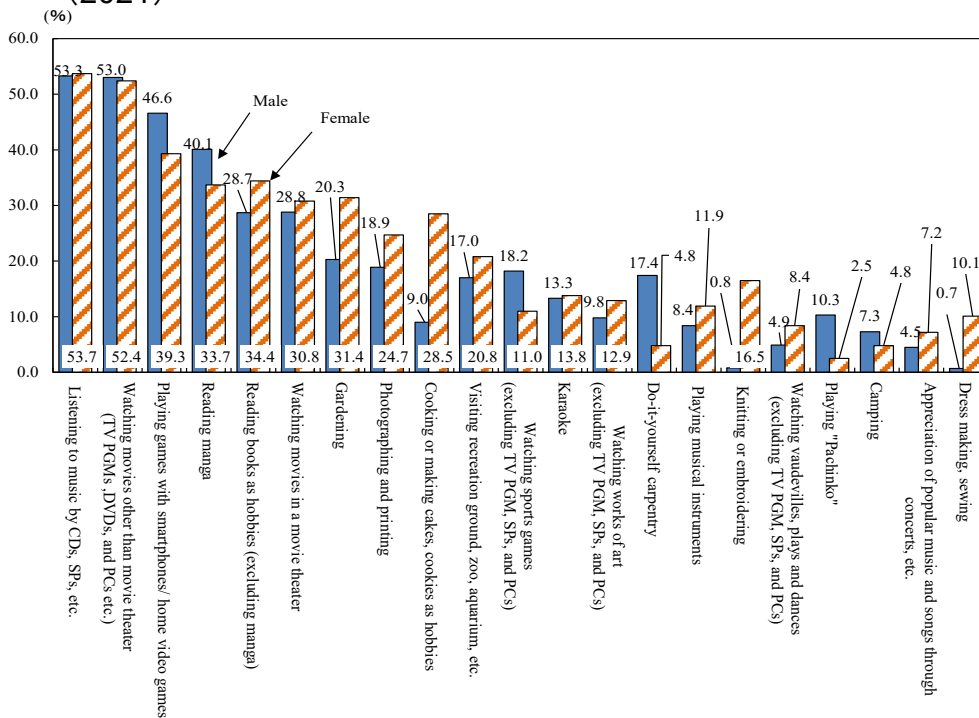
Figure 4-1 Participation rate in “Hobbies and amusements” by age group (2016, 2021)



(2) Participation rate was highest for “Listening to music by CDs, Smartphone, etc.”.

When looking at the participation rate in “Hobbies and amusement” by type of activity and sex, “Listening to music by CDs, Smartphone, etc.” was highest for both sexes, with males at 53.3% and females at 53.7%. Next was “Watching movies other than movie theater” with males at 53.0% and females at 52.4%. (Figure 4-2)

Figure 4-2 Participation rate in “Hobbies and amusements” by kind of activity and sex (2021) ¹⁾

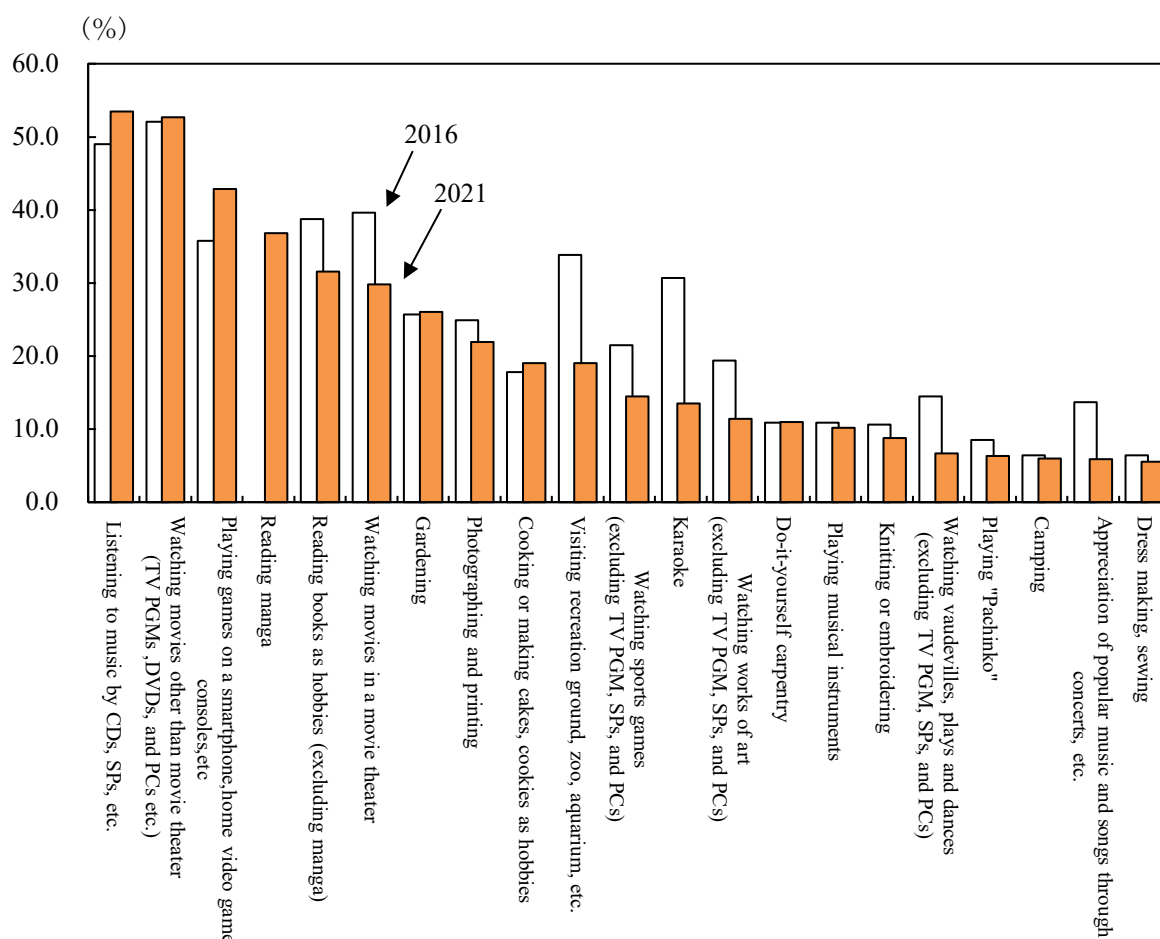


1) Only the kinds of “Hobbies and amusements” with combined male-female participation rates of 5% or more are explicitly recorded.

(3) Whereas the participation rate for “Playing games on a smartphone, home video game consoles, etc”, and “Listening to music by CDs, SPs, etc.” was higher than 5 years ago, the participation rate for “Karaoke” and “Visiting recreation ground, zoo, aquarium, etc.” was much lower.

For participation rates of “Hobbies and amusements” by kind of activity, whereas, compared to 2016, “Playing games on a smartphone, home video game consoles, etc” increased by 7.1 percentage points, and “Listening to music by CDs, SPs, etc.” increased by 4.5 percentage points, “Karaoke” and “Visiting recreation ground, zoo, aquarium, etc.” were down significantly, by 17.2 percentage points and 14.8 percentage points respectively. (Figure 4-3, Table 4-3)

Figure 4-3 Participation rate in “Hobbies and amusements” by kind of activity (2016, 2021)¹⁾²⁾



1) As for “Reading books as hobbies (excluding manga)”, in 2016, manga was ascertained to be included in “Reading books as hobbies”, and as the definition in 2021 has been changed to exclude manga, care should be taken when comparing. Additionally, “Reading manga” was added as a fixed type in 2021.
 2) Only the kinds of “Hobbies and amusements” with combined male-female participation rates of 5% or more are explicitly recorded.

Table 4-3 Participation rate in “Hobbies and amusements” by kind of activity
(2016, 2021)¹⁾²⁾

	2016 (%)	2021 (%)	Difference (Percentage points)
Listening to music by CDs, SPs, etc.	49.0	53.5	4.5
Watching movies other than movie theater (TV PGMs ,DVDs, and PCs etc.)	52.1	52.7	0.6
Playing games on a smartphone,home video game consoles,etc	35.8	42.9	7.1
Reading manga	...	36.8	...
Reading books as hobbies (excluding manga)	38.7	31.6	-7.1
Watching movies in a movie theater	39.6	29.8	-9.8
Gardening	25.7	26.0	0.3
Photographing and printing	24.9	21.9	-3.0
Cooking or making cakes, cookies as hobbies	17.8	19.0	1.2
Visiting recreation ground, zoo, aquarium, etc.	33.8	19.0	-14.8
Watching sports games (excluding TV PGM, SPs, and PCs)	21.5	14.5	-7.0
Karaoke	30.7	13.5	-17.2
Watching works of art (excluding TV PGM, SPs, and PCs)	19.4	11.4	-8.0
Do-it-yourself carpentry	10.9	11.0	0.1
Playing musical instruments	10.9	10.2	-0.7
Knitting or embroidering	10.6	8.8	-1.8
Watching vaudevilles, plays and dances (excluding TV PGM, SPs, and PCs)	14.5	6.7	-7.8
Playing "Pachinko"	8.5	6.3	-2.2
Camping	6.4	6.0	-0.4
Appreciation of popular music and songs through concerts, etc.	13.7	5.9	-7.8
Dress making, sewing	6.4	5.5	-0.9

1) As for “Reading books as hobbies (excluding manga)” , in 2016, manga was ascertained to be included in “Reading books as hobbies”, and as the definition in 2021 has been changed to exclude manga, care should be taken when comparing. Additionally, “Reading manga” was added as a fixed type in 2021.

2) Only the kinds of “Hobbies and amusements” with combined male-female participation rates of 5% or more are explicitly recorded.

5 Travel and excursion

- (1) The participation rate in “Travel and excursion” was 49.5%, a significant decrease of 24.0 percentage points from five years ago.

The total number of participants in “Travel and excursion” was 55,682,000, and the participation rate was 49.5%. Broken down by sex, 26,814,000 males and 28,868,000 females participated in some kind of “Travel and excursion”. The participation rate for males was 48.9%, and for females 50.1%; therefore, the females’ rate was higher than males by 1.2 percentage points.

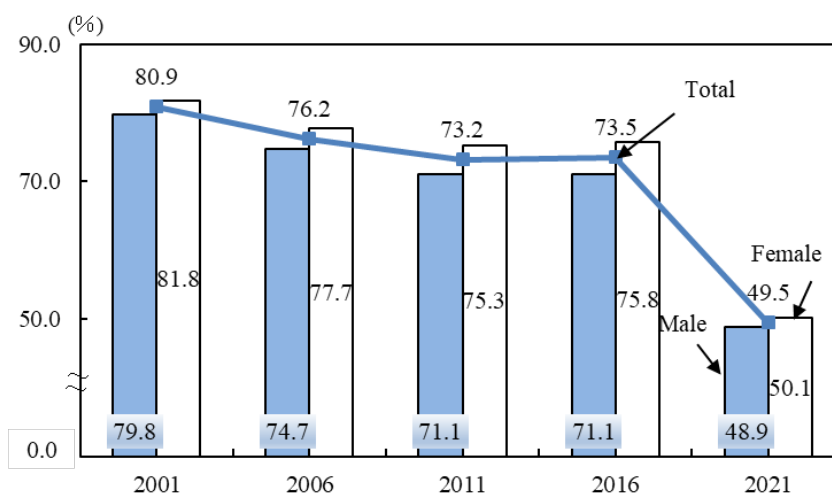
Compared to 2016, the participation rate decreased by 24.0 percentage points. By sex, both males and females significantly decreased, at 22.2 percentage points and 25.7 percentage points, respectively. (Table 5-1)

When looking at changes in the participation rate over the past 20 years, there is a decreasing trend from 2001 to 2011, after which it becomes flat from 2011 to 2016, before decreasing again significantly from 2016 to 2021. When looking by sex, females have changed to a higher level than males. (Figure 5-1)

Table 5-1 Number of participants and participation rate in “Travel and excursion” by sex (2016, 2021)

	Number of participants (Thousand persons)			Participation rate (% , Percentage points)		
	2016	2021	Difference	2016	2021	Difference
Total	83292	55682	-27610	73.5	49.5	-24.0
Male	39264	26814	-12450	71.1	48.9	-22.2
Female	44027	28868	-15159	75.8	50.1	-25.7

Figure 5-1 Number of participants and participation rate in “Travel and excursion” by sex (2001-2021)¹⁾



1) Between 2001 and 2011, “Work business trips, training, and others” included in the survey for “Travel and excursion”, so care should be taken when comparing.

Next, if we compare the participation rate by type of “Travel and excursion” to 2016, it was down for all types, including “Domestic (sightseeing trips)” that declined by 23.9 percentage points and excursion (day trips) that declined by 18.8 percentage points. (Figure 5-2)

Figure 5-2 Participation rate for each kind of “Travel and excursion” by type (2016, 2021)

